



Grace Ko, 11
Charles DeWolf School – Old Tappan, NJ

FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.njtaskforcecan.org

O C T O B E R						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

D E C E M B E R						
S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

S

M

T

Every child is wonderfully different and matures at his or her own pace. Get to know more about stages of development so you won't expect too much or too little from your child.

- W
- T
- F
- S
- It's normal for adolescents to want to spend more time with friends and less with you. Try to understand their growing independence.
 - Children tend to live up or down to our expectations, so have positive expectations for your children at every age!
 - Offer teenagers practical advice and emotional support, but try to let them make their own decisions.
 - Tantrums of a two year old can stress the most patient individual. Reduce them by ignoring the tantrums as long as your toddler is safe from injury.

<p>5 No matter how frustrated you feel about baby's crying, never shake your baby. Put baby in a safe place and take some time to care for yourself.</p>	<p>6 Grounding—restricting your child to home or his or her room—can be effective discipline for school-age children and teens.</p>	<p>7 “Time out” is a positive way to discipline young children. One minute of time-out per year of life is a good rule of thumb.</p>	<p>8 Use positive language with your teen. Judging, criticizing and blaming will push them away.</p>	<p>9 Individual differences are a natural part of a happy and diverse family.</p>	<p>10 Remember, it's natural for teens to express themselves through the hairstyles and clothing they choose.</p>	<p>11 Veterans Day Help your children understand the meaning of this day by catching a parade or visiting a memorial park together.</p>
<p>12 Babies each have their own time clocks, especially for the first several months.</p>	<p>13 Some preschoolers go through a period of stuttering. Let your child get his or her words out, no matter how long it takes.</p>	<p>14 Adolescents and teens need chances to explore their independence.</p>	<p>15 Babies are listening long before they say a word. Talk and sing to your little one as much as you can.</p>	<p>16 Preschoolers learn more when a task is broken down into smaller parts. If you're learning numbers, do only a few at a time.</p>	<p>17 Toddlers love singing songs and saying nursery rhymes.</p>	<p>18 Spend lots of time bonding with your newborn by holding, rocking and speaking to your baby.</p>
<p>19 Carefully consider how mature your teen is before allowing him or her to get a driver's license.</p>	<p>20 If your teen can handle a part-time job, it shows responsibility and can help pay for car insurance.</p>	<p>21 Fussy babies are often soothed by hearing your calm, loving voice.</p>	<p>22 Seek help for your teen if he or she withdraws and loses interest in people and activities he or she once enjoyed.</p>	<p>23 Thanksgiving Day Let children join in with jobs that suit their ages and abilities—setting the table, washing vegetables or serving the pie!</p>	<p>24 As your children mature, introduce them to different activities, sports and hobbies, then let them choose what they like.</p>	<p>25 When children can handle something for themselves, try to let them do it, even if it takes a little longer.</p>
<p>26 If your child is a “loner,” make efforts to arrange playdates with other children.</p>	<p>27 When your child is upset or down, take time to offer a hug and an understanding ear.</p>	<p>28 Enjoy your baby. In a blink of an eye he or she will be a toddler!</p>	<p>29 Taking away toys or privileges can help manage inappropriate behavior. Remove the item for several hours for a 2-year-old but several days for a 12-year-old.</p>	<p>30 Children mature at different rates. Be patient when your child is potty training.</p>	<div>Notes</div> <div></div> <div></div> <div></div> <div></div>	